

Oven Baked Beans

Baked beans are commonly eaten with grilled foods and many summer meals. With or without ham, they are a good source of protein. Baked beans can be either from a can, in a variety of flavors, or made with your own flavor combinations. Pinto beans make an excellent baked bean. Common sweeteners include honey, brown sugar, and molasses. Use only one at a time, and start with 1/4 cup, increasing, if necessary. Some people like to make baked beans tart by adding ketchup or barbecue sauce. Again, start with a small amount and increase the next time, if needed.

Pre Cook Preparation:

- A. Timer set to the time to begin preparation prior to cooking
- B. Timer set for one hour when meal will be done

Meal Adaptations:

Physical Accommodations:

- Frozen or canned vegetables can be used
- Long oven mitts and oven rack puller

Visual Accommodations:

Potential Food Allergy or Intolerance:

- Beans
- Brown Sugar (diabetics)
- Butter (lactose)
- Ham
- Honey (diabetics)
- Onions
- Pepper
- Pork
- Spices

Meatless Preparation Avoid:

- Butter
- Ham
- Pork
- Substitute with: _____

Utensils:

- Fork
- Pot holders
- Spoon
- Pan: 1.5 quart oven safe pan with lid

Ingredients:**Meat:**

1/2 cup of diced pork, or
1/2 cup of diced ham

Vegetables:

15 ounces of baked beans, or
15 ounces of pinto beans

Other ingredients:

1 tablespoon of butter
Dash of salt
Spices, such as pepper, to taste
Optional:
1/4 cup of brown sugar, or
1/2 cup honey

Preparation time: 10 minutes

Preparation:

1. Add to 1.5 quart oven safe pan:
15 ounces of baked beans, or
15 ounces of pinto beans
1 tablespoon of butter
Dash of salt
Spices, such as pepper, to taste
Optional:
1/4 cup of brown sugar, or
1/2 cup honey
2. Cover and place in oven.

Cook Temperature: 350 degrees

Cook Time: 45 minutes to 1 hour

Servings: 4 to 5

Storage Solutions: Square containers in individual servings

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources

Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.

Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.

Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.

Add your oven time here: _____.